

Painful or irregular **periods**

Pelvic **pain**

Painful bowel movements

Pain when urinating

Pain during or after sex

Difficulty getting pregnant

Fatigue

Experience any of these?

It could be endometriosis

Many women experience period pain, but if your pain is interfering with your everyday life it's best to see your doctor.



endometriosis uk

[endometriosis-uk.org](https://www.endometriosis-uk.org)

What is endometriosis?

Endometriosis is a condition where cells similar to the ones lining the womb grow elsewhere in the body, generally within the pelvic cavity. Each month these cells react to the menstrual cycle in the same way as those in the womb, building up then breaking down and bleeding. Unlike the cells in the womb that leave the body as a period, this blood has no way to escape. This can cause inflammation, pain and the formation of scar tissue (adhesions).

The symptoms experienced can vary from person to person, depending on where the endometriosis is growing. Some are badly affected, whilst others might not have any noticeable symptoms. If your period pain is interfering with your everyday life it's best to see your doctor.

Endometriosis affects 10% of women from puberty to menopause, although the effects may be felt for life – that's over 1.5 million in the UK. Endometriosis is not an infection or cancer and cannot be passed from one person to another.

I have symptoms...what can I do?

Support is available to help you get a diagnosis and manage your endometriosis. Talk to your GP and be sure to give them as much information about your symptoms as possible. Keeping a pain and symptoms diary can help you explain the symptoms you're experiencing.

Visit our website to find out more about endometriosis and for guidance in talking to your GP.

How can Endometriosis UK help?

We have a range of information resources on our website, including a pain and symptoms diary and guidance to help get a diagnosis, plus details of our local support groups, online discussion forum and helpline.

Visit our website to find out more.



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Charity no 1035810

Helpline: 0808 808 2227
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